

10F3 (Wardlaw)
Kaye Wardlaw

JUL 23 2004

Canyon, TN

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July 15, 2004

Food Guide Pyramid Reassessment Team
3101 Park Center Dr. Rm 1034
Alexandria, VA 22302

Dear Sir:

I was reading an article on the Food Pyramid and it occurred to me that there may be a lot of people that have had the same problems with "what to eat" as I had twenty years ago. I had grown up with the Food Pyramid and the philosophy that color should determine the composition of a meal. Something white, something yellow to orange or green, meat and bread. The drink should be milk for protein. This did not work for me because it did not tell me how the food should be prepared and what depletes the food of useable nutrients. Therefore, my solution was to try to understand what makes food good for you. These are my conclusions:

People do not understand that fast food is not just bad for you because it is high in fat and usually comes on a mountain of bread; it is bad because it has no nutritional value. The method of cooking, frying, is more detrimental to the nutritional value of food than any other form of food preparation. The box the food comes in would be more beneficial, at least it is fiber. Therefore, a person eats a 1000 to 1500 calorie meal and still has not acquired the nutrients to metabolize the fats into energy, the protection of the C and B vitamins since high heat destroys those nutrients, and nutrients to process the food in their bodies. Chances are they will be hungry two hours later.

Instead of telling people what foods to eat, perhaps a method should be devised to advise people on what not to eat...

Fried foods cooked in palm oils and hydrogenated oils. Olive oil does not change composition when it is heated.

White bread that has had all the wheat germ removed, this includes "wheat breads" that are not whole wheat and have no B vitamins available but are just tinted brown with molasses.

Margarine: has no food value whatsoever and tends to plug up the system.

Packaged products that have unpronounceable ingredients.

The majority of our food supply is appreciably devoid of any nutritional value and as a result, we have become one of the sickest nations in the world. Heart disease is rampant, stress disorders are on the rise, internal cancers are prevalent in spite of advancing technologies in those areas and obesity has reached epidemic proportions. The only possible reason for this is the failure of the medical and nutritional communities to educate the public concerning proper nutrition. Prevention is the most effective way to keep the population healthy and a little effort on the part of government can go a long way in the advancement of good health.

The new Low-Carb phase is the latest in a long line of quick fixes. Instead of taking things out of our food, e.g. fat, carbs, natural sugar, we need to start insisting on nutritional value being put back in. This would in fact require food suppliers to be more responsible in the ingredients used in food preparation. The body craves the vitamins and minerals that should be in our food, when it is unavailable; the body just craves and stays hungry. This process increases the intake of more nutritionally bankrupt food and the results are obesity, fatigue and disease. Kraft foods is not responsible for two out three Americans being obese, but they are responsible for preparing products that have the nutrients removed by high temperatures, precooking, and the addition of preservatives. Kraft is responsible for knowingly producing food useless to the human body but, they are just one in a long list of manufacturers and fast food establishments.

A warning label might be a solution to the problem of misleading nutritional information.

Caution: Potentially hazardous contents, has been nutritionally depleted and should not be used in place of properly prepared fresh food products.

A label would at least warn the public of the dangers of prepackaged and fast foods. Hopefully, a desire for information would then be the next step.

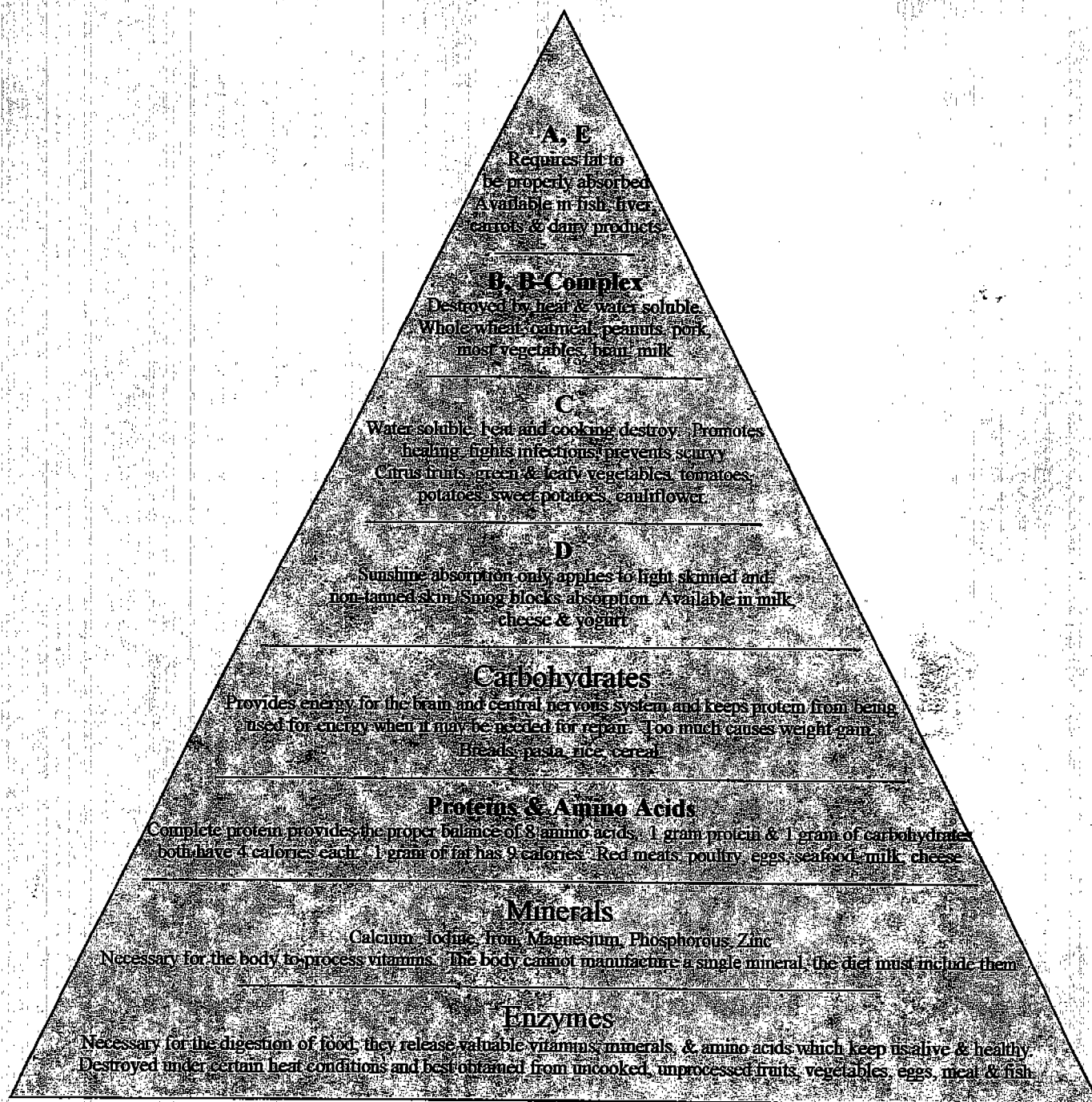
Changing the Food Pyramid to reflect food values and providing the natural food sources of these nutrients through cross-referencing may make it possible for people to understand, "You are what you eat". A guide to proper preparation of food to preserve the nutritional value, and a listing of the enemies of the nutrients would also be helpful.

The problem with eating a balanced diet is the total lack of education that surrounds this practice. The Homemaking classes in schools has been eliminated and the only way people learn anything about the preparation of food is from their homes. If no one actually cooks or has any knowledge of food preparation, then the explanation for poor health and even worse eating habits is simple to understand. Since consuming food is a necessary thing, the logical solution is to provide the information necessary to improve eating habits. Education should be at the top of the list for things to do to improve living standards and acquire optimum health.

Sincerely,

Kaye Wardlaw

Nutritional Pyramid



A & E are considered antioxidants and protect the body from pollution, cancer and disease causing agents.

B and B-complex vitamins and carbohydrates metabolize fats and build muscle. Also help the nervous system cope with daily stress.

C fights infection and promotes healing.

D often called the sunshine vitamin, helps in absorption of Vit A

To Whom It May Concern

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10F1 Jackson JUL 23 2004

It is my understanding that the USDA is currently reevaluating the food guide pyramid and considering changes. I would just like to take a moment to let you know about my positive experiences with controlling my carbohydrate intake and the profound impact it has had on my health. I am a 22 year old female and I started the Atkins diet on June 13, 2003. I had a BMI of 32 and weighed 205 lbs on a 5' 7" frame. By eliminating white flour, starches, and sugar, I now weigh 142 lbs and have a BMI of 22. My cholesterol went from 189 to 155, and my blood pressure from 130/80 to 108/60. Instead of potato chips, now I snack on nuts or berries. Now I eat mostly pork, chicken, beef, whole grains, vegetables, and most fruits. It is my belief the current recommendations for 6-11 servings of carbohydrates per day can lead to unstable blood sugars and is too high. Based on my experience, the majority of carbohydrates should be derived from vegetables and fruits with high fiber content and protein should be included in every meal.

I hope that my letter and other letters like mine will help in reconstructing the food guide pyramid. I appreciate your taking the time to read this letter.

Sincerely,

Melanie Jackson

TOP1 Murrell

JUL 23 2004

7/19/04
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Letter for Nutrition Policy,
and Promotion,
Dept. of Agriculture, USDA
3101 Park Center Dr. RM 1034
Alexandria, VA. 22304

Dear Letter for Nutrition,

HELLO, AND HOW ARE YOU?
I AM INTERESTED IN MY HEALTH, NUTRITION, THE
MANUFACTURING, AND PRODUCTION OF FOODS, THE
INGREDIENTS, AND COMBOS OF FOODS SOLD AND
CONSUMED. I WOULD LIKE TO REQUEST ANY, ALL
INFORMATION YOU HAVE ABOUT THE ABOVE, THE FOOD
GROUPS, AND ANYTHING ELSE CONCERNING FOODS,
THE NUTRITION. I HOPE THIS IS POSSIBLE, AND HOPE
TO HEAR FROM YOU SOON. THANK YOU FOR YOUR TIME
AND CONSIDERATION.

Sincerely,
Steve Murrell

LAMESA, TEXAS

(OF) M^S Donald/USAF JUL 23 2004

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USDA Food Guide Recommendations

The Food Pyramid guide is not a top priority on most reading lists. Where it is posted and read by those that pass by, they view little besides the picture and the divisions. Those in grade school, where the obesity epidemic is at its worst, will certainly not read small type nor can they read 34 pages of explanation. Those who suffer from cardiovascular and obesity problems may read the guide but the amount of data can be overwhelming.

I would propose a more simple and graphic method that would appeal to kids and illustrate to individuals in poor health how their diet needs to change to meet the ideal.


I would have 3 or more basic silhouettes of people in various stages of health, an obese individual, an "ideal" individual and the average American individual (male and female). I would size each individual silhouette relative to his or her average calorie intake (the ideal would be the standard). Each silhouette would be divided into food group sections sized according to their relative amounts contained in the diet of the individual the silhouette is supposed to represent. Think of depicting the food pyramid in a human silhouette instead of a pyramid shape. Next picture, if you will, the average American pyramid and other abnormal variants depicted on silhouettes. The "ideal" would represent the ideal caloric intake and food group proportions of an average sized male and female. The "Average" American silhouette would be sized slightly larger representing the average caloric intake in America and the divisions of the individual would be sized to show larger proportions of fats with smaller proportions of vegetables, etc. Children, and those already obese or in poor health, can get at a glance what their typical diet may look like, and what it should look like.

An interactive process can help reinforce the process and make it more personal. Children can record their calorie intake over a week and create their own silhouette of them selves sized and divided according to their intake and compare it against the examples of obese, average and ideal for each sex. This type of example also lends itself to computer models that can turn out silhouettes of an individual based on their height, weight, sex, age and caloric intake and food group composition. The computer can put out the ideal as well to show them graphically how they need to increase or decrease their caloric intake and how they need to adjust their food groups, given their demographic factors. The concept can be extended to include profiles for people wishing a low carcinogenic diet, a weight loss diet, etc. The graphic way of illustrating captures attention and is more easily understood than presenting people with numbers and percentages that require some abstract manipulation.

The concept can also be extended to the other nutrition problem western countries face, anorexia. Patients can see graphically, with a computer model, how their diet has effected their body and how they need to increase various food groups with in their diet to move closer to the ideal.

Using this approach people get great feedback that is easy to understand and conveys a great amount of information at a glance. Understanding caloric intake and nutrition is fairly complex. The average American does not want to read about nutrition and is not going to have the motivation or understanding necessary to apply the food pyramid and its abstract information to themselves. Approximately 40% of adult Americans do not work with abstract information well and most young children do not possess this ability. Keep it simple, pack it with graphic information, make it relevant to the person viewing it, and make it a motivational tool. More information may be better when dealing with professionals, but not when for use by the general public.

Good luck with your project.


Kent D. McDonald, M.D.
USAF Psychiatrist

Sheppard AFB TX

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TOP3

Brill

July 20, 2004

JUL 23 2004

[Handwritten signature]

Dear Food Guide Pyramid Reassessment Team:

Here are my comments regarding the possibility of redesigning the food guide pyramid:

1. Concept: The current obesity epidemic necessitates that the new design emphasize the concepts of both Calorie intake (food intake) and Calorie output (exercise) together in one picture. The caption reading "Tip the scales in your favor, stay balanced!"
2. Design: I think a balance scale with one side reflecting food intake and the other side reflecting energy expenditure would work. Each side of the scale would be the shape of a pie.
3. Details: The food pie would be divided up into thirds: 50-55% healthy carbohydrates, 15-20% lean protein and < 30% healthy fats. Each division would be one color but within each slice or division have different shades of the color depicting larger and smaller quantities (depending on the recommended number of servings). For example the healthy carbs slice of the pie would have the majority from grains with the words bran cereals, brown rice, whole grain breads floating around, then the next slightly different color shade of the same slice would depict vegetables and have the words broccoli, spinach, cauliflower, kale floating around and the last section of the healthy carbs slice of the pie would depict fruit (the smallest portion of the healthy carbs slice) and have the words: blueberries, kiwi, cantaloupe floating within. The lean protein slice of the pie, again, is a different color slice, divided up into different shades of the same color: the largest section depicting plant proteins: beans, tofu; another section depicting fish and low fat dairy, and the smallest section depicting higher fat meats and lean ground beef. The last 30% section of the pie would depict healthy fats with 2 large sections depicting monounsaturated fat and polyunsaturated fats and the words: avocado, almonds, olive oil in the mono section and the words walnuts, canola oil and flax seeds in the poly section.

Phone: _____

Fax: _____

E-mail: _____

Coral Springs, FL _____

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Brill

July 20, 2004

4. A caution sign underneath the pie would read: be careful of foods high in sugar and fat such as soda, donuts, candy and fast food. These type of foods promote over consumption of Calories because they are inexpensive and widely available. Watch saturated fat intake: full fat dairy/ cheese and fatty meats, as saturated fat intake raises cholesterol.
5. The exercise pie would be similarly divided up into thirds as well: 50% aerobic exercise, 30% weight training and 20% flexibility exercises. The aerobic exercise words would read: walking, swimming, biking, skating. The strength training section would read weight lifting, calisthenics. The flexibility section would read: yoga, stretching, pilates.
6. A caution sign underneath the exercise pie could read if over the age of 45, do not begin an exercise program without your doctor's consent. Remember to warm-up, cool-down and stay hydrated.

Any question, please don't hesitate to contact me!

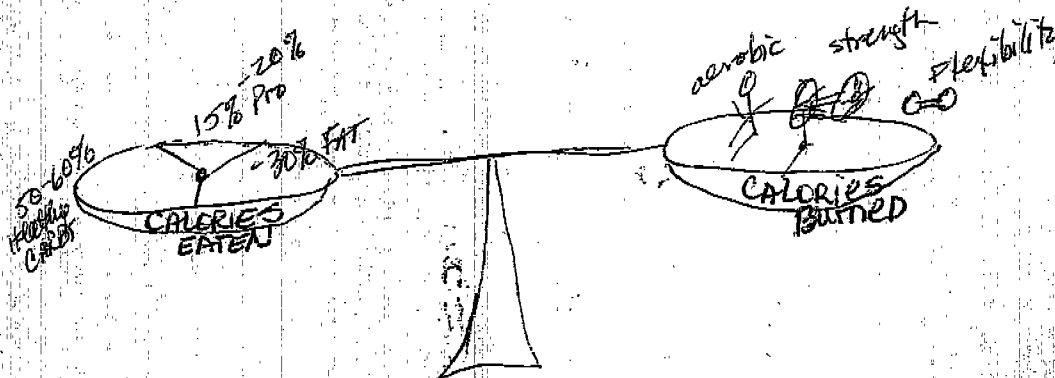
Sincerely,

Janet Bond Brill

Janet Bond Brill, Ph.D., R.D., LDN

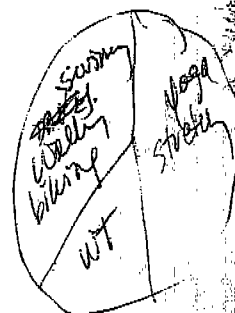
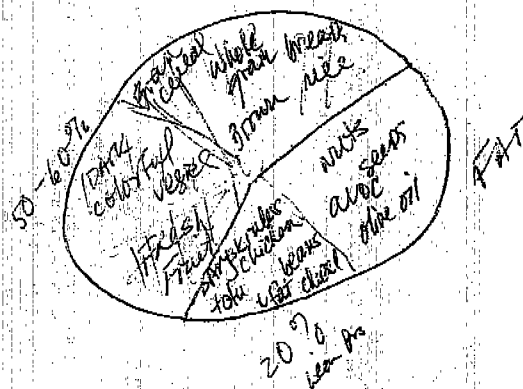
The 45-day comment period ends Aug. 27. Comments must be submitted in writing to the Food Guide Pyramid Reassessment Team, USDA Center for Nutrition Policy and Promotion, 3101 Park Center Drive, Room 1034, Alexandria, Va. 22302.

3 of 3
Brill



C/A/U/T/I/O/N

- SODAS, CHIPS, CANDY, FAST FOOD
- FRENCH FRIES, ~~SOFT DRINKS~~





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1072/
Satter/Ellyn Satter Assoc

JUL 23 2004

July 20, 2004

Food Guide Pyramid Reassessment Team
USDA Ctr for Nutr Policy & Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Re: Comments in response to the July, 2004 Federal Register notice

To Whom It May Concern:

Table 1: *Proposed Daily Food Intake Patterns* sums up my objections nicely. The Food Guide Pyramid is way too prescriptive. As a result, it has made a major contribution to the distorted eating attitudes and behaviors that are normative in our culture. This is particularly the case for children. Being prescriptive with adults is unrealistic. Being prescriptive with children is disastrous. No child ever ate according to a formula. Trying to impose certain amounts and types of food on a child distorts feeding dynamics and therefore the child's eating attitudes and behaviors. In the long run, it disrupts food regulation and undermines the child's ability to learn to like a variety of food.

It was a noble experiment. The original framers did a brilliant job of defining a total diet and integrating the nutritional principles of variety, moderation and proportionality. Unfortunately, the Pyramid ended up being so meticulous that the overall message to the public became rigidity and avoidance. The supporters of the Food Guide Pyramid maintain that it is flexible, and I can see that. However, those supporters are nutrition professionals and so am I. We love our formulas for managing food selection, and we know so much about food composition that we can manipulate the formula to allow us to eat anything we want. That doesn't mean that other people can do the same. Other people are simply overwhelmed.

Of course, it is easy to be a Monday-morning quarterback, but I could have told the original Committee that formulas for managing eating don't work. Other experienced clinical dietitians could have done the same. During my many years of doing nutrition counseling, it gradually dawned on me that my beloved formulas were not helping. In fact, they were making my patients miserable. In the long run, the impact was negative, not positive. Like dieters everywhere, my patients would try to comply with the formula, then fail, then try again, then fail again, always blaming themselves rather than me or my formula. As far as my patients were concerned, I was off the hook. As far as I was concerned, I was deeply *on* the hook. I was creating an iatrogenic condition.

Whether the problem was weight, diabetes, heart disease or some other malady, it was clear that my patients' eating extremes were caused by the prescribed - and individualized - eating plan that I had taught them. In the long run, their cycling

[2 of 2] Satter / Ellen
Satter
Assoc.

between the extremes of adherence and disinhibition were not helping them-it was making their condition worse. On the other hand, when I made the *person* more important than the *diet*, and began by respecting his or her usual ways of eating, we could collaborate in doing the least we could to get the results we wanted. Their eating patterns became more positive and stable and their medical indicators improved.

Instead of becoming even more prescriptive, I would propose going back to the old Basic Four Food Plan. That gives nutritional guidance, but still provides lots of room for adjusting to individual needs. While I am making recommendations, I would strongly encourage including a stipulation about supporting enjoyable and reliable family meals that individuals find rewarding to plan, prepare, serve and eat.

Eating is a complex brew of habit, attitude, intuitive capability and physical processes. When expected to control it deliberately, we become as overwhelmed and confused as the centipede:

A centipede was quite content,
Until a frog in fun
Said, "Please, which leg comes after which?"
This worried her to such a pitch,
She lay distracted in a ditch,
Considering how to run.

Anonymous

Sincerely,

Ellyn Satter

Ellyn Satter

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